

April 1, 2019

Dear Parents/Guardians,

There have been reports of children at Peace Valley contracting Fifth Disease, a viral illness commonly seen in elementary schools. Although usually uncomplicated in healthy children and adults, it is nonetheless highly communicable, so we are taking every precaution to prevent its spread throughout the school. The symptoms of the disease are fairly mild and include:

- Fever
- Runny nose
- Headache
- Painful, sometimes swollen joints
- Rash on the cheeks which gives a “slapped face” appearance, often itchy
 - May extend to the rest of the body appearing and disappearing in response to environmental changes (e.g. sunlight)

Symptoms usually occur 1-2 weeks after exposure, and infected persons are contagious one week prior to the appearance of the rash. This means children are most contagious when they seem like they have “just a fever and/or cold,” prior to joint pain and swelling. When the rash does appear, the probability of infecting others drops significantly so it is usually safe for the child to go back to school at this time.

Please remind your children of these important preventative methods that we reinforce at school:

- Washing hands often with soap and water
- Covering mouth and nose *with the elbow* when coughing or sneezing
- Not touching eyes, nose, or mouth
- Staying home when they are sick

As a viral illness, there is no treatment other than staying home, resting, and if desired, taking OTC medications to manage fever or discomfort. Once contracted, the body typically develops immunity protecting reinfection in the future.

If you have any questions, please contact the front office or visit the CDC website to learn more:

<https://www.cdc.gov/parvovirusb19/fifth-disease.html>

Together We Serve,

Peace Valley Charter Administration